

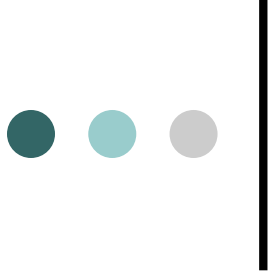
# Cancer

How can you reduce your risk?



# Cancer

- Your body cell's are constantly growing and dividing
- Sometimes they reproduce rapidly and uncontrollably, forming masses
- *The uncontrollable growth of abnormal cells is called CANCER*



# Tumor = Benign

- Tumor = abnormal mass of tissue that has no natural role in the body
- Noncancerous = benign
  - Grow slowly & are surrounded by membranes
    - Prevents from spreading from original site
  - They don't spread!
  - But can interfere with body functions



# Tumor = Malignant

- Cancerous = malignant
- They spread to neighboring tissues through blood or lymph
- *The spread of cancer from the point where it originated to other parts is called metastasis*
- As cancer cells spread throughout the body they divide & form NEW tumors



## Remember. . .

- Cancer harms the body
- Cancer kills normal cells
- Cancer competes with normal cells for nutrients



## Remember. . .

- Tumors puts pressure on surrounding tissues and organs
- Tumors interfere with body function
- Tumors can block arteries, veins and other passages in the body



# Types

- Cancer can develop in any part of the body & in different tissues
  - Lymphomas
    - Leukemia
  - Carcinomas
    - Sarcomas



# Types

- **Lymphomas** – cancer of the immune system
- **Leukemia** – cancers of the blood-forming organs





# Types

- **Carcinomas** – cancers of the glands and body linings, including the skin and the linings of the digestive tract and lungs
- **Sarcomas** – cancers of connective tissue, including bones, ligaments, and muscle



# Dr. Oz

## Ask: Anti-Cancer

- <http://www.doctoroz.com/videos/ask-dr-oz-anti-cancer-edition-pt-1>
- <http://www.doctoroz.com/videos/ask-dr-oz-anti-cancer-edition-pt-2>
- <http://www.doctoroz.com/videos/ask-dr-oz-anti-cancer-edition-pt-3>



# Skin Cancer: FOR YOUR INFO!

- Most common cancer in the U.S.
- More than 3.5 million cases a year
- 1 in 5 persons will develop
- Most common types:
  - Basal cell – highly curable
  - Squamous cell – highly curable
  - Melanoma – cancerous, DANGEROUS!



# ABC's of Skin Cancer

## Asymmetry

If you draw a line through this mole, the two halves will not match.



## Border

The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.



## Color

Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, blue or some other color.



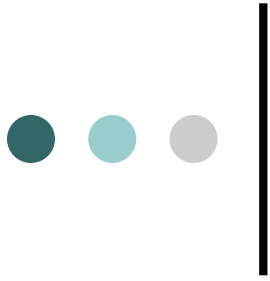
## Diameter

Melanomas usually are larger in diameter than the size of the eraser on your pencil (1/4 inch or 6 mm), but they may sometimes be smaller when first detected.

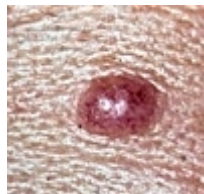









## Evolving

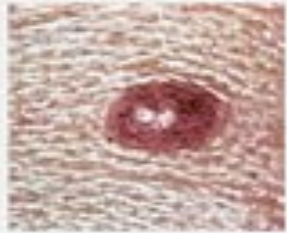







Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting — points to danger.



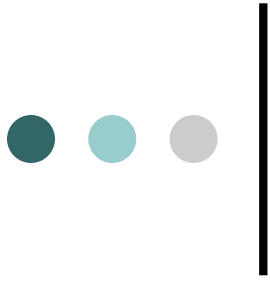
# Skin Cancer

	Benign	Malignant	
Symmetrical			Asymmetrical
Borders are even			Borders are uneven
One shade			Two or more shades
Smaller than 1/4 inch			Larger than 1/4

# ABC's of Skin Cancer

Normal Mole	Melanoma	Sign	Characteristic
		Asymmetry	when half of the mole does not match the other half
		Border	when the border (edges) of the mole are ragged or irregular
		Color	when the color of the mole varies throughout
		Diameter	if the mole's diameter is larger than a pencil's eraser

*Photographs Used By Permission: National Cancer Institute*



# Dr. Oz

Skin Cancer:

- <http://www.doctoroz.com/videos/prevent-skin-cancer>